



OFFICE OF PUBLIC INSTRUCTION

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Superintendent

THINK FOOD

School Nutrition Programs

November 2008



COMMODITY SHIPMENT 6

Following is a list of commodity foods that are still available for shipment 5, for those schools with available entitlement dollars.

To view an updated entitlement list along with the commodity request form go to www.opi.mt.gov/schoolfood/foodDistNEW.html.

Breaded Chix 7 pc	(\$53.20)	213 cs
Corn Frz	(\$19.47)	335 cs
Peach Cups	(\$24.41)	190 cs
Peach Cups (Bonus)		160 cs

Fax your requests to (406) 444-2955 no later than **November 21, 2008**.

VERIFICATION REMINDER

The verification process must be completed in Local Education Agencies (LEAs) by November 15, 2008. The Summary of Verification form is due to the School Nutrition Programs office by December 15, 2008.



For more information contact School Nutrition Programs at (406) 444-2501.

KEEP YOUR HOLIDAY NUTRITIOUS

Eat Right Montana offers the following tasty ways to pack a nutrient punch into your holidays.

Make every bite of food count.

Taste is the number one reason why we make the choice to eat one food rather than another. The key to healthy holiday eating is to stop imagining that you have to give up your favorite holiday treats.

Instead plan to enjoy one or two cookies rather than a whole plate.

To get the most flavor and pleasure from any food, slow down and savor every bite.



Make over a favorite recipe.

There are plenty of ways to lighten up the typical recipe without sacrificing taste or texture. The Mayo Clinic offers a basic guide to redoing recipes with your health in mind. Visit their Web site at

www.mayoclinic.com/health/healthy-recipes/NU00584. For foods that you want just the way they are, reduce your portion size and cut servings in half.

Make lean protein a priority.

Holiday meals, snacks, and treats tend to be high in sugar and fat, but low on protein. Include some lean protein every time you eat, especially for breakfast and snacks. Healthy choices include 8 ounces of low-fat yogurt, a string cheese stick, a handful of nuts, and 1 or 2 slices of lean deli meat.



Make smart snacks a daily habit.

Smart snacks not only help to fill nutrient gaps but a well-timed snack before a buffet or holiday party can help tame your appetite so you aren't tempted to eat everything in sight. Fruits, veggies and lean protein always make smart snacks.



For more healthy food ideas visit the Eat Right Montana Web site at www.eatrightmontana.org.

RIISING FOOD COST\$

With food costs rising many school districts are finding it a challenge to provide meals that meet the 2005 *Dietary Guidelines for Americans* and stay within their budgets.

Here are a few suggestions to help meet these challenges.

Revamping cycle menus to serve less expensive, popular student choices more often - serve spaghetti instead of

lasagna using whole grain commodity pasta to reduce food costs.

Serving low cost beans or other legumes more often as a meat alternate or vegetable choice - serve a bean and cheese burrito, substitute kidney beans for some of the meat in chili, or offer garbanzo beans on a salad bar.

Training staff to follow standardized recipes precisely - every extra scoop costs money! Don't add extra ground beef to the spaghetti sauce recipe.

Serving portion sizes according to the recipe - serve a level one half cup scoop of mashed potatoes instead of a heaping scoop.

Use canned or frozen fruits and vegetables more often.

For more suggestions the USDA Fact Sheet "Meeting the Challenge of Rising Food Costs" can be found on the School Nutrition Web site at www.opi.mt.gov.

